



# FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>4</b> Seafood Gumbo Steamed or Baked Rice Collard Greens Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>5</b> Greek Roasted Chicken Couscous w/Roasted Vegetables Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>6</b> French Dip Sandwich Baked Steak Fries Pickled Beets Skim Milk	<b>7</b> Split Pea Soup Egg Salad Sandwich Macaroni Salad Fig Cookie Bar Skim Milk
<b>10</b> Fish Patty Scalloped Potatoes Cole Slaw Whole Wheat Roll/Bread Banana Cream Pudding Skim Milk	<b>11</b> Pork and Vegetable Stir Fry Steamed or Baked Rice Sugar Snap Peas Asian Blend Whole Wheat Roll/Bread Pineapple w/Mandarin Oranges Skim Milk	<b>12</b> Tamale Pie Chuckwagon Corn Gelatin Skim Milk	<b>13</b> Chicken Alfredo w/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>14</b> Baked Potato Bar Steamed Broccoli Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk
<b>17</b>  <p style="text-align: center;"><b>Closed for Presidents Day.</b></p>	<b>18</b> Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	<b>19</b> Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>20</b> Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	<b>21</b> Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk
<b>24</b> Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>25</b> Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk	<b>26</b> Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	<b>27</b> Beef Stew Five-Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	<b>28</b>  <p style="text-align: center;"><b>Black History Program at Community Center. Centers Closed.</b></p>



**DELAWARE HEALTH AND SOCIAL SERVICES**

*Division of Services for Aging and Adults with Physical Disabilities*

*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."*

**Menu items subject to change due to availability.**



*Over 50 Years Serving Sussex Seniors*

